



POWERED BY RUNNING Let Me Run uses a proven curriculum and passionate coaches to teach the lifelong sport of running, teamwork, and goal setting while developing boys' resilience, relationship skills, and the confidence to be themselves.



**SCAN HERE TO
LEARN MORE**



WE TRAIN TO LEARN SKILLS FOR THE LONG RUN

Practice is 2 times a week for 7 weeks

**Boys complete a 5K together at the end
of the season**

***Scholarships are available for runners on a need basis**



Register online at LetMeRun.org



Let Me Run is a nonprofit wellness program that uses the power of running to inspire boys to be courageous enough to be themselves, build healthy relationships and live active lifestyles.

WHAT IS LET ME RUN

BRING LET ME RUN TO YOUR SCHOOL AND PROVIDE

Unique and Intentional Curriculum

Designed to amplify confidence, self-expression, and respect for others

Positive Toolboxes

Each lesson adds another tool to the box helping boys succeed on and off the track.

Community Building

Committed to teamwork, encouraging continuous improvement, and the core belief that every boy has something special to offer.